

A man with a beard and short hair is seated in a gym, performing a dumbbell press. He is wearing a grey tank top and black shorts with a "RISE GYM" logo. He is holding two dumbbells, one in each hand, and pressing them upwards. The background shows various gym equipment, including a bench and other weights. The image is overlaid with a dark blue gradient.

ESSENTIALS PROGRAM

WEEK 1	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Flat DB Press (Heavy)</u>	2-3	1	4-6		8-9	~3 min	<u>Machine Chest Press</u>	<u>Weighted Dip</u>	Focus on strength here. Each week add weight or reps. Keep form consistent.
	<u>Flat DB Press (Back off)</u>	0	1	8-10		9-10	~3 min	<u>Machine Chest Press</u>	<u>Weighted Dip</u>	Focus on mind-muscle connection with pecs. Drop the weight back and focus on stretch and squeeze!
	<u>2-Grip Lat Pulldown</u>	2	2	10-12		9-10	~2 min	<u>2-Grip Pull-up</u>	<u>Machine Pulldown</u>	Do first set wide overhand (1.5x shoulder width), second set underhand (1x shoulder width).
	<u>Seated DB Shoulder Press</u>	1	2	10-12		9-10	~2 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>Seated Cable Row</u>	1	2	10-12 (dropset)		9-10	~2 min	<u>Incline Chest-supported DB Row</u>	<u>Chest-Supported T-Bar Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back. Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.
	<u>A1: EZ Bar Skull Crusher</u>	1	2	12-15		10	0 min	<u>Overhead Cable Triceps Extension</u>	<u>DB French Press</u>	Arc the bar behind your head, constant tension on triceps.
	<u>A2: EZ Bar Curl</u>	1	2	12-15		10	~1.5 min	<u>DB Curl</u>	<u>Cable EZ Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.

WEEK 1	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Hack Squat (Heavy)</u>	2-3	1	4-6		8-9	~3 min	<u>Machine Squat</u>	<u>Leg Press</u>	Focus on strength here. Each week add weight or reps. Keep form consistent.
	<u>Hack Squat (Back off)</u>	0	1	8-10		8-9	~3 min	<u>Machine Squat</u>	<u>Leg Press</u>	Drop the weight back and focus on controlling the negative. Smooth and consistent rep tempo.
	<u>Seated Hamstring Curl</u>	1	1	10-12 (dropset)		10	~1.5 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps. Do seated if available. Otherwise do Lying Leg Curl or Nordic Ham Curl.
	<u>A1: Standing Calf Raise</u>	1	2	10-12		9-10	0 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Hanging Leg Raise</u>	1	2	10-12		9-10	~1.5 min	<u>Roman Chair Crunch</u>	<u>Reverse Crunch</u>	Knees to chest, controlled reps, straighten legs more to increase difficulty.
SUGGESTED 1-2 REST DAYS										

WEEK 1	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Pendlay Row</u>	2	2	8-10		9-10	~2 min	<u>T-Bar Row</u>	<u>Seated Cable Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Machine Shoulder Press</u>	2	2	10-12		9-10	~2 min	<u>Seated DB Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Don't stop in between reps, keep smooth and controlled tension on the delts.
	<u>Weighted Pullup</u>	1	2	8-10		9-10	~2 min	<u>Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Pull your elbows down and in, minimize swinging.
	<u>Cable Chest Press</u>	2	2	10-12 (dropset)		9-10	~2 min	<u>Weighted Dip</u>	<u>Flat DB Press</u>	Can be performed seated or standing. Focus on squeezing your chest. Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.
	<u>A1: Bayesian Cable Curl</u>	1	2	12-15		10	0 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Keep your elbow behind your torso throughout the range of motion, focus on squeezing your bicep. Sets are per arm.
	<u>A2: Triceps Pressdown</u>	1	2	12-15		10	~1.5 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight.
	<u>DB Lateral Raise</u>	1	1	12-15 (dropset)		10	~1.5 min	<u>Cable Lateral Raise</u>	<u>Machine Lateral Raise</u>	Dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps. Raise the dumbbells "out" not "up", mind muscle connection with middle fibers.

WEEK 1	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Romanian Deadlift</u>	2	2	10-12		8-9	~2 min	<u>DB Romanian Deadlift</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Press</u>	2	3	10-12		8-9	~2 min	<u>Goblet Squat</u>	<u>DB Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Leg Extension</u>	1	1	10-12 (dropset)		9-10	~1.5 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps. Focus on squeezing your quads to make the weight move.
	<u>A1: Seated Calf Raise</u>	1	2	12-15		10	0 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Cable Crunch</u>	1	2	12-15		10	~1.5 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your back as you crunch.
SUGGESTED 1-2 REST DAYS										

WEEK 2	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Flat DB Press (Heavy)</u>	2-3	1	4-6		8-9	~3 min	<u>Machine Chest Press</u>	<u>Weighted Dip</u>	Focus on strength here. Each week add weight or reps. Keep form consistent.
	<u>Flat DB Press (Back off)</u>	0	1	8-10		9-10	~3 min	<u>Machine Chest Press</u>	<u>Weighted Dip</u>	Focus on mind-muscle connection with pecs. Drop the weight back and focus on stretch and squeeze!
	<u>2-Grip Lat Pulldown</u>	2	2	10-12		9-10	~2 min	<u>2-Grip Pull-up</u>	<u>Machine Pulldown</u>	Do first set wide overhand (1.5x shoulder width), second set underhand (1x shoulder width).
	<u>Seated DB Shoulder Press</u>	1	2	10-12		9-10	~2 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>Seated Cable Row</u>	1	2	10-12 (dropset)		9-10	~2 min	<u>Incline Chest-supported DB Row</u>	<u>Chest-Supported T-Bar Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back. Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.
	<u>A1: EZ Bar Skull Crusher</u>	1	2	12-15		10	0 min	<u>Overhead Cable Triceps Extension</u>	<u>DB French Press</u>	Arc the bar behind your head, constant tension on triceps.
	<u>A2: EZ Bar Curl</u>	1	2	12-15		10	~1.5 min	<u>DB Curl</u>	<u>Cable EZ Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.

WEEK 2	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Hack Squat (Heavy)</u>	2-3	1	4-6		8-9	~3 min	<u>Machine Squat</u>	<u>Leg Press</u>	Focus on strength here. Each week add weight or reps. Keep form consistent.
	<u>Hack Squat (Back off)</u>	0	1	8-10		8-9	~3 min	<u>Machine Squat</u>	<u>Leg Press</u>	Drop the weight back and focus on controlling the negative. Smooth and consistent rep tempo.
	<u>Seated Hamstring Curl</u>	1	1	10-12 (dropset)		10	~1.5 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps. Do seated if available. Otherwise do Lying Leg Curl or Nordic Ham Curl.
	<u>A1: Standing Calf Raise</u>	1	2	10-12		9-10	0 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Hanging Leg Raise</u>	1	2	10-12		9-10	~1.5 min	<u>Roman Chair Crunch</u>	<u>Reverse Crunch</u>	Knees to chest, controlled reps, straighten legs more to increase difficulty.
SUGGESTED 1-2 REST DAYS										

WEEK 2	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Pendlay Row</u>	2	2	8-10		9-10	~2 min	<u>T-Bar Row</u>	<u>Seated Cable Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Machine Shoulder Press</u>	2	2	10-12		9-10	~2 min	<u>Seated DB Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Don't stop in between reps, keep smooth and controlled tension on the delts.
	<u>Weighted Pullup</u>	1	2	8-10		9-10	~2 min	<u>Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Pull your elbows down and in, minimize swinging.
	<u>Cable Chest Press</u>	2	2	10-12 (dropset)		9-10	~2 min	<u>Weighted Dip</u>	<u>Flat DB Press</u>	Can be performed seated or standing. Focus on squeezing your chest. Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.
	<u>A1: Bayesian Cable Curl</u>	1	2	12-15		10	0 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Keep your elbow behind your torso throughout the range of motion, focus on squeezing your bicep. Sets are per arm.
	<u>A2: Triceps Pressdown</u>	1	2	12-15		10	~1.5 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight.
	<u>DB Lateral Raise</u>	1	1	12-15 (dropset)		10	~1.5 min	<u>Cable Lateral Raise</u>	<u>Machine Lateral Raise</u>	Dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps. Raise the dumbbells "out" not "up", mind muscle connection with middle fibers.

WEEK 2	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Romanian Deadlift</u>	2	2	10-12		8-9	~2 min	<u>DB Romanian Deadlift</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Press</u>	2	3	10-12		8-9	~2 min	<u>Goblet Squat</u>	<u>DB Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Leg Extension</u>	1	1	10-12 (dropset)		9-10	~1.5 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps. Focus on squeezing your quads to make the weight move.
	<u>A1: Seated Calf Raise</u>	1	2	12-15		10	0 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Cable Crunch</u>	1	2	12-15		10	~1.5 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your back as you crunch.
SUGGESTED 1-2 REST DAYS										

WEEK 3	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Flat DB Press (Heavy)</u>	2-3	1	4-6		8-9	~3 min	<u>Machine Chest Press</u>	<u>Weighted Dip</u>	Focus on strength here. Each week add weight or reps. Keep form consistent.
	<u>Flat DB Press (Back off)</u>	0	1	8-10		9-10	~3 min	<u>Machine Chest Press</u>	<u>Weighted Dip</u>	Focus on mind-muscle connection with pecs. Drop the weight back and focus on stretch and squeeze!
	<u>2-Grip Lat Pulldown</u>	2	2	10-12		9-10	~2 min	<u>2-Grip Pull-up</u>	<u>Machine Pulldown</u>	Do first set wide overhand (1.5x shoulder width), second set underhand (1x shoulder width).
	<u>Seated DB Shoulder Press</u>	1	2	10-12		9-10	~2 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>Seated Cable Row</u>	1	2	10-12 (dropset)		9-10	~2 min	<u>Incline Chest-supported DB Row</u>	<u>Chest-Supported T-Bar Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back. Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.
	<u>A1: EZ Bar Skull Crusher</u>	1	2	12-15		10	0 min	<u>Overhead Cable Triceps Extension</u>	<u>DB French Press</u>	Arc the bar behind your head, constant tension on triceps.
	<u>A2: EZ Bar Curl</u>	1	2	12-15		10	~1.5 min	<u>DB Curl</u>	<u>Cable EZ Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.

WEEK 3	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Hack Squat (Heavy)</u>	2-3	1	4-6		8-9	~3 min	<u>Machine Squat</u>	<u>Leg Press</u>	Focus on strength here. Each week add weight or reps. Keep form consistent.
	<u>Hack Squat (Back off)</u>	0	1	8-10		8-9	~3 min	<u>Machine Squat</u>	<u>Leg Press</u>	Drop the weight back and focus on controlling the negative. Smooth and consistent rep tempo.
	<u>Seated Hamstring Curl</u>	1	1	10-12 (dropset)		10	~1.5 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps. Do seated if available. Otherwise do Lying Leg Curl or Nordic Ham Curl.
	<u>A1: Standing Calf Raise</u>	1	2	10-12		9-10	0 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Hanging Leg Raise</u>	1	2	10-12		9-10	~1.5 min	<u>Roman Chair Crunch</u>	<u>Reverse Crunch</u>	Knees to chest, controlled reps, straighten legs more to increase difficulty.
SUGGESTED 1-2 REST DAYS										

WEEK 3	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Pendlay Row</u>	2	2	8-10		9-10	~2 min	<u>T-Bar Row</u>	<u>Seated Cable Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Machine Shoulder Press</u>	2	2	10-12		9-10	~2 min	<u>Seated DB Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Don't stop in between reps, keep smooth and controlled tension on the delts.
	<u>Weighted Pullup</u>	1	2	8-10		9-10	~2 min	<u>Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Pull your elbows down and in, minimize swinging.
	<u>Cable Chest Press</u>	2	2	10-12 (dropset)		9-10	~2 min	<u>Weighted Dip</u>	<u>Flat DB Press</u>	Can be performed seated or standing. Focus on squeezing your chest. Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.
	<u>A1: Bayesian Cable Curl</u>	1	2	12-15		10	0 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Keep your elbow behind your torso throughout the range of motion, focus on squeezing your bicep. Sets are per arm.
	<u>A2: Triceps Pressdown</u>	1	2	12-15		10	~1.5 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight.
	<u>DB Lateral Raise</u>	1	1	12-15 (dropset)		10	~1.5 min	<u>Cable Lateral Raise</u>	<u>Machine Lateral Raise</u>	Dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps. Raise the dumbbells "out" not "up", mind muscle connection with middle fibers.

WEEK 3	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Romanian Deadlift</u>	2	2	10-12		8-9	~2 min	<u>DB Romanian Deadlift</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Press</u>	2	3	10-12		8-9	~2 min	<u>Goblet Squat</u>	<u>DB Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Leg Extension</u>	1	1	10-12 (dropset)		9-10	~1.5 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps. Focus on squeezing your quads to make the weight move.
	<u>A1: Seated Calf Raise</u>	1	2	12-15		10	0 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Cable Crunch</u>	1	2	12-15		10	~1.5 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your back as you crunch.
SUGGESTED 1-2 REST DAYS										

WEEK 4	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Flat DB Press (Heavy)</u>	2-3	1	4-6		8-9	~3 min	<u>Machine Chest Press</u>	<u>Weighted Dip</u>	Focus on strength here. Each week add weight or reps. Keep form consistent.
	<u>Flat DB Press (Back off)</u>	0	1	8-10		9-10	~3 min	<u>Machine Chest Press</u>	<u>Weighted Dip</u>	Focus on mind-muscle connection with pecs. Drop the weight back and focus on stretch and squeeze!
	<u>2-Grip Lat Pulldown</u>	2	2	10-12		9-10	~2 min	<u>2-Grip Pull-up</u>	<u>Machine Pulldown</u>	Do first set wide overhand (1.5x shoulder width), second set underhand (1x shoulder width).
	<u>Seated DB Shoulder Press</u>	1	2	10-12		9-10	~2 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>Seated Cable Row</u>	1	2	10-12 (dropset)		9-10	~2 min	<u>Incline Chest-supported DB Row</u>	<u>Chest-Supported T-Bar Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back. Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.
	<u>A1: EZ Bar Skull Crusher</u>	1	2	12-15		10	0 min	<u>Overhead Cable Triceps Extension</u>	<u>DB French Press</u>	Arc the bar behind your head, constant tension on triceps.
	<u>A2: EZ Bar Curl</u>	1	2	12-15		10	~1.5 min	<u>DB Curl</u>	<u>Cable EZ Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.

WEEK 4	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Hack Squat (Heavy)</u>	2-3	1	4-6		8-9	~3 min	<u>Machine Squat</u>	<u>Leg Press</u>	Focus on strength here. Each week add weight or reps. Keep form consistent.
	<u>Hack Squat (Back off)</u>	0	1	8-10		8-9	~3 min	<u>Machine Squat</u>	<u>Leg Press</u>	Drop the weight back and focus on controlling the negative. Smooth and consistent rep tempo.
	<u>Seated Hamstring Curl</u>	1	1	10-12 (dropset)		10	~1.5 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps. Do seated if available. Otherwise do Lying Leg Curl or Nordic Ham Curl.
	<u>A1: Standing Calf Raise</u>	1	2	10-12		9-10	0 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Hanging Leg Raise</u>	1	2	10-12		9-10	~1.5 min	<u>Roman Chair Crunch</u>	<u>Reverse Crunch</u>	Knees to chest, controlled reps, straighten legs more to increase difficulty.
SUGGESTED 1-2 REST DAYS										

WEEK 4	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Pendlay Row</u>	2	2	8-10		9-10	~2 min	<u>T-Bar Row</u>	<u>Seated Cable Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Machine Shoulder Press</u>	2	2	10-12		9-10	~2 min	<u>Seated DB Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Don't stop in between reps, keep smooth and controlled tension on the delts.
	<u>Weighted Pullup</u>	1	2	8-10		9-10	~2 min	<u>Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Pull your elbows down and in, minimize swinging.
	<u>Cable Chest Press</u>	2	2	10-12 (dropset)		9-10	~2 min	<u>Weighted Dip</u>	<u>Flat DB Press</u>	Can be performed seated or standing. Focus on squeezing your chest. Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.
	<u>A1: Bayesian Cable Curl</u>	1	2	12-15		10	0 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Keep your elbow behind your torso throughout the range of motion, focus on squeezing your bicep. Sets are per arm.
	<u>A2: Triceps Pressdown</u>	1	2	12-15		10	~1.5 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight.
	<u>DB Lateral Raise</u>	1	1	12-15 (dropset)		10	~1.5 min	<u>Cable Lateral Raise</u>	<u>Machine Lateral Raise</u>	Dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps. Raise the dumbbells "out" not "up", mind muscle connection with middle fibers.

WEEK 4	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Romanian Deadlift</u>	2	2	10-12		8-9	~2 min	<u>DB Romanian Deadlift</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Press</u>	2	3	10-12		8-9	~2 min	<u>Goblet Squat</u>	<u>DB Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Leg Extension</u>	1	1	10-12 (dropset)		9-10	~1.5 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps. Focus on squeezing your quads to make the weight move.
	<u>A1: Seated Calf Raise</u>	1	2	12-15		10	0 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Cable Crunch</u>	1	2	12-15		10	~1.5 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your back as you crunch.
SUGGESTED 1-2 REST DAYS										

WEEK 5	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>2-Grip Pullup</u>	1-2	2	8-10		9-10	~2 min	<u>Machine Pulldown</u>	<u>2-Grip Lat Pulldown</u>	First set 1.5x shoulder width grip. Second set 1.0x shoulder width grip.
	<u>Weighted Dip (Heavy)</u>	2-3	1	6-8		8-9	~3 min	<u>Machine Chest Press</u>	<u>Flat DB Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Weighted Dip (Back off)</u>	0	1	10-12		9-10	~3 min	<u>Machine Chest Press</u>	<u>Flat DB Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Incline Chest-Supported DB Row</u>	1	2	8-10		9-10	~2 min	<u>Chest-Supported T-Bar Row</u>	<u>Seated Cable Row</u>	Keep elbows at ~30° angle from torso. Pull the weight towards your navel.
	<u>Standing DB Arnold Press</u>	1	2	8-10		9-10	~2 min	<u>Machine Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1: DB Incline Curl</u>	1	2	15-20		10	0 min	<u>Cable EZ Curl</u>	<u>EZ Bar Curl</u>	Brace upper back against bench, 45 degree incline, keep shoulders back as you curl.
	<u>A2: DB French Press</u>	1	2	15-20		10	~1.5 min	<u>Overhead Cable Triceps Extension</u>	<u>EZ Bar Skull Crusher</u>	Can perform seated or standing. Press the dumbbell straight up and down behind your head.

WEEK 5	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Single-Leg Leg Press</u> (Heavy)	2-3	1	6-8 per leg		8-9	~3 min	<u>Machine Squat</u>	<u>Hack Squat</u>	High and wide foot positioning, start with weaker leg.
	<u>Single-Leg Leg Press</u> (Back off)	0	1	10-12 per leg		8-9	~3 min	<u>Machine Squat</u>	<u>Hack Squat</u>	High and wide foot positioning, start with weaker leg.
	<u>Glute-Ham Raise</u>	1	1	10-12		10	~1.5 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Keep your hips straight, do Nordic ham curls if no GHR machine.
	<u>A1: Roman Chair Crunch</u>	1	2	12-15		9-10	0 min	<u>Reverse Crunch</u>	<u>Hanging Leg Raise</u>	Don't swing your legs at the bottom, minimize momentum, tuck your knees towards your chest if lifting your legs straight out is too challenging.
	<u>A2: Seated Calf Raise</u>	1	2	12-15		9-10	~1.5 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
SUGGESTED 1-2 REST DAYS										

WEEK 5	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Seated DB Shoulder Press</u>	2	2	10-12		9-10	~2 min	Standing DB Arnold Press	<u>Machine Shoulder Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>T-Bar Row</u>	2	2	10-12		9-10	~2 min	<u>Seated Cable Row</u>	<u>Pendlay Row</u>	Focus on squeezing your shoulder blades together as you pull the weight towards you. Keep your shoulders down (avoid shrugging).
	<u>Machine Chest Press</u>	2	2	8-10		9-10	~2 min	<u>Weighted Dip</u>	<u>Flat DB Press</u>	Focus on squeezing your chest.
	<u>Lat Pulldown</u>	2	2	8-10 (dropset)		9-10	~2 min	<u>Neutral-Grip Lat Pulldown</u>	<u>Weighted Pullup</u>	Think about pulling your elbows "down" and "in". Last set only do a dropset: perform 8-10 reps, drop the weight by ~50%, perform an additional 8-10 reps.
	<u>A1: DB Triceps Kickback</u>	1	2	12-15		9-10	0 min	<u>Cable Triceps Kickback</u>	<u>Triceps Pressdown</u>	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).
	<u>A2: Spider Curl</u>	1	2	12-15		9-10	~1.5 min	<u>DB Preacher Curl</u>	<u>Bayesian Cable Curl</u>	Brace your chest against an incline bench, curl with your elbows slightly in front of you.
	<u>Cable Lateral Raise</u>	1	2	12-15 (dropset)		10	~1.5 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Lean away from the cable. Focus on squeezing your delts. Last set only do a dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps.

WEEK 5	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>DB Bulgarian Split Squat</u>	2	3	10-12		8-9	~2 min	<u>Goblet Squat</u>	<u>Leg Press</u>	Start with your weaker leg. Squat deep.
	<u>DB Romanian Deadlift</u>	2	2	10-12		8-9	~2 min	<u>Romanian Deadlift</u>	<u>45° Hyperextension</u>	Emphasize the stretch in your hamstrings, prevent your lower back from rounding.
	<u>Goblet Squat</u>	1	1	12-15		9-10	~1.5 min	<u>Leg Extension</u>	<u>Step-Up</u>	Hold the dumbbell underneath your chin, sit back and down, push your knees out laterally.
	<u>A1: Leg Press Toe Press</u>	1	2	15-20		10	0 min	<u>Standing Calf Raise</u>	<u>Seated Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Machine Crunch</u>	1	2	10-12		10	~1.5 min	<u>Plate-Weighted Crunch</u>	<u>Cable Crunch</u>	Squeeze your abs to move the weight, don't use your arms to help.
SUGGESTED 1-2 REST DAYS										

WEEK 6	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>2-Grip Pullup</u>	1-2	2	8-10		9-10	~2 min	<u>Machine Pulldown</u>	<u>2-Grip Lat Pulldown</u>	First set 1.5x shoulder width grip. Second set 1.0x shoulder width grip.
	<u>Weighted Dip (Heavy)</u>	2-3	1	6-8		8-9	~3 min	<u>Machine Chest Press</u>	<u>Flat DB Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Weighted Dip (Back off)</u>	0	1	10-12		9-10	~3 min	<u>Machine Chest Press</u>	<u>Flat DB Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Incline Chest-Supported DB Row</u>	1	2	8-10		9-10	~2 min	<u>Chest-Supported T-Bar Row</u>	<u>Seated Cable Row</u>	Keep elbows at ~30° angle from torso. Pull the weight towards your navel.
	<u>Standing DB Arnold Press</u>	1	2	8-10		9-10	~2 min	<u>Machine Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1: DB Incline Curl</u>	1	2	15-20		10	0 min	<u>Cable EZ Curl</u>	<u>EZ Bar Curl</u>	Brace upper back against bench, 45 degree incline, keep shoulders back as you curl.
	<u>A2: DB French Press</u>	1	2	15-20		10	~1.5 min	<u>Overhead Cable Triceps Extension</u>	<u>EZ Bar Skull Crusher</u>	Can perform seated or standing. Press the dumbbell straight up and down behind your head.

WEEK 6	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Single-Leg Leg Press</u> (Heavy)	2-3	1	6-8 per leg		8-9	~3 min	<u>Machine Squat</u>	<u>Hack Squat</u>	High and wide foot positioning, start with weaker leg.
	<u>Single-Leg Leg Press</u> (Back off)	0	1	10-12 per leg		8-9	~3 min	<u>Machine Squat</u>	<u>Hack Squat</u>	High and wide foot positioning, start with weaker leg.
	<u>Glute-Ham Raise</u>	1	1	10-12		10	~1.5 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Keep your hips straight, do Nordic ham curls if no GHR machine.
	<u>A1: Roman Chair Crunch</u>	1	2	12-15		9-10	0 min	<u>Reverse Crunch</u>	<u>Hanging Leg Raise</u>	Don't swing your legs at the bottom, minimize momentum, tuck your knees towards your chest if lifting your legs straight out is too challenging.
	<u>A2: Seated Calf Raise</u>	1	2	12-15		9-10	~1.5 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
SUGGESTED 1-2 REST DAYS										

WEEK 6	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Seated DB Shoulder Press</u>	2	2	10-12		9-10	~2 min	Standing DB Arnold Press	<u>Machine Shoulder Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>T-Bar Row</u>	2	2	10-12		9-10	~2 min	<u>Seated Cable Row</u>	<u>Pendlay Row</u>	Focus on squeezing your shoulder blades together as you pull the weight towards you. Keep your shoulders down (avoid shrugging).
	<u>Machine Chest Press</u>	2	2	8-10		9-10	~2 min	<u>Weighted Dip</u>	<u>Flat DB Press</u>	Focus on squeezing your chest.
	<u>Lat Pulldown</u>	2	2	8-10 (dropset)		9-10	~2 min	<u>Neutral-Grip Lat Pulldown</u>	<u>Weighted Pullup</u>	Think about pulling your elbows "down" and "in". Last set only do a dropset: perform 8-10 reps, drop the weight by ~50%, perform an additional 8-10 reps.
	<u>A1: DB Triceps Kickback</u>	1	2	12-15		9-10	0 min	<u>Cable Triceps Kickback</u>	<u>Triceps Pressdown</u>	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).
	<u>A2: Spider Curl</u>	1	2	12-15		9-10	~1.5 min	<u>DB Preacher Curl</u>	<u>Bayesian Cable Curl</u>	Brace your chest against an incline bench, curl with your elbows slightly in front of you.
	<u>Cable Lateral Raise</u>	1	2	12-15 (dropset)		10	~1.5 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Lean away from the cable. Focus on squeezing your delts. Last set only do a dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps.

WEEK 6	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>DB Bulgarian Split Squat</u>	2	3	10-12		8-9	~2 min	<u>Goblet Squat</u>	<u>Leg Press</u>	Start with your weaker leg. Squat deep.
	<u>DB Romanian Deadlift</u>	2	2	10-12		8-9	~2 min	<u>Romanian Deadlift</u>	<u>45° Hyperextension</u>	Emphasize the stretch in your hamstrings, prevent your lower back from rounding.
	<u>Goblet Squat</u>	1	1	12-15		9-10	~1.5 min	<u>Leg Extension</u>	<u>Step-Up</u>	Hold the dumbbell underneath your chin, sit back and down, push your knees out laterally.
	<u>A1: Leg Press Toe Press</u>	1	2	15-20		10	0 min	<u>Standing Calf Raise</u>	<u>Seated Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Machine Crunch</u>	1	2	10-12		10	~1.5 min	<u>Plate-Weighted Crunch</u>	<u>Cable Crunch</u>	Squeeze your abs to move the weight, don't use your arms to help.
SUGGESTED 1-2 REST DAYS										

WEEK 7	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>2-Grip Pullup</u>	1-2	2	8-10		9-10	~2 min	<u>Machine Pulldown</u>	<u>2-Grip Lat Pulldown</u>	First set 1.5x shoulder width grip. Second set 1.0x shoulder width grip.
	<u>Weighted Dip (Heavy)</u>	2-3	1	6-8		8-9	~3 min	<u>Machine Chest Press</u>	<u>Flat DB Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Weighted Dip (Back off)</u>	0	1	10-12		9-10	~3 min	<u>Machine Chest Press</u>	<u>Flat DB Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Incline Chest-Supported DB Row</u>	1	2	8-10		9-10	~2 min	<u>Chest-Supported T-Bar Row</u>	<u>Seated Cable Row</u>	Keep elbows at ~30° angle from torso. Pull the weight towards your navel.
	<u>Standing DB Arnold Press</u>	1	2	8-10		9-10	~2 min	<u>Machine Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1: DB Incline Curl</u>	1	2	15-20		10	0 min	<u>Cable EZ Curl</u>	<u>EZ Bar Curl</u>	Brace upper back against bench, 45 degree incline, keep shoulders back as you curl.
	<u>A2: DB French Press</u>	1	2	15-20		10	~1.5 min	<u>Overhead Cable Triceps Extension</u>	<u>EZ Bar Skull Crusher</u>	Can perform seated or standing. Press the dumbbell straight up and down behind your head.

WEEK 7	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Single-Leg Leg Press</u> (Heavy)	2-3	1	6-8 per leg		8-9	~3 min	<u>Machine Squat</u>	<u>Hack Squat</u>	High and wide foot positioning, start with weaker leg.
	<u>Single-Leg Leg Press</u> (Back off)	0	1	10-12 per leg		8-9	~3 min	<u>Machine Squat</u>	<u>Hack Squat</u>	High and wide foot positioning, start with weaker leg.
	<u>Glute-Ham Raise</u>	1	1	10-12		10	~1.5 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Keep your hips straight, do Nordic ham curls if no GHR machine.
	<u>A1: Roman Chair Crunch</u>	1	2	12-15		9-10	0 min	<u>Reverse Crunch</u>	<u>Hanging Leg Raise</u>	Don't swing your legs at the bottom, minimize momentum, tuck your knees towards your chest if lifting your legs straight out is too challenging.
	<u>A2: Seated Calf Raise</u>	1	2	12-15		9-10	~1.5 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
SUGGESTED 1-2 REST DAYS										

WEEK 7	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Seated DB Shoulder Press</u>	2	2	10-12		9-10	~2 min	Standing DB Arnold Press	<u>Machine Shoulder Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>T-Bar Row</u>	2	2	10-12		9-10	~2 min	<u>Seated Cable Row</u>	<u>Pendlay Row</u>	Focus on squeezing your shoulder blades together as you pull the weight towards you. Keep your shoulders down (avoid shrugging).
	<u>Machine Chest Press</u>	2	2	8-10		9-10	~2 min	<u>Weighted Dip</u>	<u>Flat DB Press</u>	Focus on squeezing your chest.
	<u>Lat Pulldown</u>	2	2	8-10 (dropset)		9-10	~2 min	<u>Neutral-Grip Lat Pulldown</u>	<u>Weighted Pullup</u>	Think about pulling your elbows "down" and "in". Last set only do a dropset: perform 8-10 reps, drop the weight by ~50%, perform an additional 8-10 reps.
	<u>A1: DB Triceps Kickback</u>	1	2	12-15		9-10	0 min	<u>Cable Triceps Kickback</u>	<u>Triceps Pressdown</u>	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).
	<u>A2: Spider Curl</u>	1	2	12-15		9-10	~1.5 min	<u>DB Preacher Curl</u>	<u>Bayesian Cable Curl</u>	Brace your chest against an incline bench, curl with your elbows slightly in front of you.
	<u>Cable Lateral Raise</u>	1	2	12-15 (dropset)		10	~1.5 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Lean away from the cable. Focus on squeezing your delts. Last set only do a dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps.

WEEK 7	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>DB Bulgarian Split Squat</u>	2	3	10-12		8-9	~2 min	<u>Goblet Squat</u>	<u>Leg Press</u>	Start with your weaker leg. Squat deep.
	<u>DB Romanian Deadlift</u>	2	2	10-12		8-9	~2 min	<u>Romanian Deadlift</u>	<u>45° Hyperextension</u>	Emphasize the stretch in your hamstrings, prevent your lower back from rounding.
	<u>Goblet Squat</u>	1	1	12-15		9-10	~1.5 min	<u>Leg Extension</u>	<u>Step-Up</u>	Hold the dumbbell underneath your chin, sit back and down, push your knees out laterally.
	<u>A1: Leg Press Toe Press</u>	1	2	15-20		10	0 min	<u>Standing Calf Raise</u>	<u>Seated Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Machine Crunch</u>	1	2	10-12		10	~1.5 min	<u>Plate-Weighted Crunch</u>	<u>Cable Crunch</u>	Squeeze your abs to move the weight, don't use your arms to help.
SUGGESTED 1-2 REST DAYS										

WEEK 8	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>2-Grip Pullup</u>	1-2	2	8-10		9-10	~2 min	<u>Machine Pulldown</u>	<u>2-Grip Lat Pulldown</u>	First set 1.5x shoulder width grip. Second set 1.0x shoulder width grip.
	<u>Weighted Dip (Heavy)</u>	2-3	1	6-8		8-9	~3 min	<u>Machine Chest Press</u>	<u>Flat DB Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Weighted Dip (Back off)</u>	0	1	10-12		9-10	~3 min	<u>Machine Chest Press</u>	<u>Flat DB Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	<u>Incline Chest-Supported DB Row</u>	1	2	8-10		9-10	~2 min	<u>Chest-Supported T-Bar Row</u>	<u>Seated Cable Row</u>	Keep elbows at ~30° angle from torso. Pull the weight towards your navel.
	<u>Standing DB Arnold Press</u>	1	2	8-10		9-10	~2 min	<u>Machine Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1: DB Incline Curl</u>	1	2	15-20		10	0 min	<u>Cable EZ Curl</u>	<u>EZ Bar Curl</u>	Brace upper back against bench, 45 degree incline, keep shoulders back as you curl.
	<u>A2: DB French Press</u>	1	2	15-20		10	~1.5 min	<u>Overhead Cable Triceps Extension</u>	<u>EZ Bar Skull Crusher</u>	Can perform seated or standing. Press the dumbbell straight up and down behind your head.

WEEK 8	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Single-Leg Leg Press</u> (Heavy)	2-3	1	6-8 per leg		8-9	~3 min	<u>Machine Squat</u>	<u>Hack Squat</u>	High and wide foot positioning, start with weaker leg.
	<u>Single-Leg Leg Press</u> (Back off)	0	1	10-12 per leg		8-9	~3 min	<u>Machine Squat</u>	<u>Hack Squat</u>	High and wide foot positioning, start with weaker leg.
	<u>Glute-Ham Raise</u>	1	1	10-12		10	~1.5 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Keep your hips straight, do Nordic ham curls if no GHR machine.
	<u>A1: Roman Chair Crunch</u>	1	2	12-15		9-10	0 min	<u>Reverse Crunch</u>	<u>Hanging Leg Raise</u>	Don't swing your legs at the bottom, minimize momentum, tuck your knees towards your chest if lifting your legs straight out is too challenging.
	<u>A2: Seated Calf Raise</u>	1	2	12-15		9-10	~1.5 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
SUGGESTED 1-2 REST DAYS										

WEEK 8	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Seated DB Shoulder Press</u>	2	2	10-12		9-10	~2 min	Standing DB Arnold Press	<u>Machine Shoulder Press</u>	Bring the dumbbells all the way down, keep your torso upright.
	<u>T-Bar Row</u>	2	2	10-12		9-10	~2 min	<u>Seated Cable Row</u>	<u>Pendlay Row</u>	Focus on squeezing your shoulder blades together as you pull the weight towards you. Keep your shoulders down (avoid shrugging).
	<u>Machine Chest Press</u>	2	2	8-10		9-10	~2 min	<u>Weighted Dip</u>	<u>Flat DB Press</u>	Focus on squeezing your chest.
	<u>Lat Pulldown</u>	2	2	8-10 (dropset)		9-10	~2 min	<u>Neutral-Grip Lat Pulldown</u>	<u>Weighted Pullup</u>	Think about pulling your elbows "down" and "in". Last set only do a dropset: perform 8-10 reps, drop the weight by ~50%, perform an additional 8-10 reps.
	<u>A1: DB Triceps Kickback</u>	1	2	12-15		9-10	0 min	<u>Cable Triceps Kickback</u>	<u>Triceps Pressdown</u>	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).
	<u>A2: Spider Curl</u>	1	2	12-15		9-10	~1.5 min	<u>DB Preacher Curl</u>	<u>Bayesian Cable Curl</u>	Brace your chest against an incline bench, curl with your elbows slightly in front of you.
	<u>Cable Lateral Raise</u>	1	2	12-15 (dropset)		10	~1.5 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Lean away from the cable. Focus on squeezing your delts. Last set only do a dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps.

WEEK 8	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>DB Bulgarian Split Squat</u>	2	3	10-12		8-9	~2 min	<u>Goblet Squat</u>	<u>Leg Press</u>	Start with your weaker leg. Squat deep.
	<u>DB Romanian Deadlift</u>	2	2	10-12		8-9	~2 min	<u>Romanian Deadlift</u>	<u>45° Hyperextension</u>	Emphasize the stretch in your hamstrings, prevent your lower back from rounding.
	<u>Goblet Squat</u>	1	1	12-15		9-10	~1.5 min	<u>Leg Extension</u>	<u>Step-Up</u>	Hold the dumbbell underneath your chin, sit back and down, push your knees out laterally.
	<u>A1: Leg Press Toe Press</u>	1	2	15-20		10	0 min	<u>Standing Calf Raise</u>	<u>Seated Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Machine Crunch</u>	1	2	10-12		10	~1.5 min	<u>Plate-Weighted Crunch</u>	<u>Cable Crunch</u>	Squeeze your abs to move the weight, don't use your arms to help.
SUGGESTED 1-2 REST DAYS										

WEEK 9	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Machine Chest Press (Heavy)</u>	2-3	1	4-6		8-9	~3 min	<u>Flat DB Press</u>	<u>Weighted Dip</u>	Focus on squeezing your chest.
	<u>Machine Chest Press (Back off)</u>	0	1	8-10		9-10	~3 min	<u>Flat DB Press</u>	<u>Weighted Dip</u>	Focus on squeezing your chest.
	<u>Machine Pulldown</u>	2	2	10-12 (dropset)		9-10	~2 min	<u>2-Grip Lat Pulldown</u>	<u>Weighted Pullup</u>	Think about pulling your elbows "down" and "in". Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.
	<u>Cable Shoulder Press</u>	1	2	12-15 (dropset)		9-10	~2 min	<u>Machine Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Bring cables all the way down to shoulder height, keep torso upright. Last set only do a dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps.
	<u>Helms DB Row</u>	1	2	10-12		9-10	~2 min	<u>Chest-Supported T-Bar Row</u>	<u>Machine Row</u>	Be ultra strict with form, drive elbows out and back at 45 degree angle.
	<u>A1: Overhead Cable Triceps Extension</u>	1	2	12-15		10	0 min	<u>EZ Bar Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative.
	<u>A2: Cable EZ Curl</u>	1	2	12-15		10	~1.5 min	<u>EZ Bar Curl</u>	<u>DB Curl</u>	Focus on squeezing your biceps. Control the negative.

WEEK 9	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Machine Squat</u> (Heavy)	2-3	1	4-6		8-9	~3 min	<u>Hack Squat</u>	<u>Leg Press</u>	Focus on strength here. Each week add weight or reps. Keep form consistent.
	<u>Machine Squat</u> (Back off)	0	1	8-10		8-9	~3 min	<u>Hack Squat</u>	<u>Leg Press</u>	Drop the weight back and focus on controlling the negative. Smooth and consistent rep tempo.
	<u>Nordic Ham Curl</u>	1	1	8-10		10	~1.5 min	<u>Lying Leg Curl</u>	<u>Glute-Ham Raise</u>	Keep your hips as straight as you can, can sub for lying leg curl.
	<u>A1: Seated Calf Raise</u>	1	2	10-12		9-10	0 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Two-Arms Two-Legs Dead Bug</u>	1	2	10-12		9-10	~1.5 min	<u>Reverse Crunch</u>	<u>Roman Chair Crunch</u>	Perform these slowly, focus on keeping your lower back against the ground throughout the set.
SUGGESTED 1-2 REST DAYS										

WEEK 9	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Meadows Row</u>	2	2	10-12		9-10	~2 min	<u>Single-Arm DB Row</u>	<u>Pendlay Row</u>	Brace with your non-working hand against your knee, stay light, emphasize form.
	<u>Standing DB Arnold Press</u>	2	2	10-12		9-10	~2 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>Neutral-Grip Lat Pulldown</u>	2	2	8-10 (dropset)		9-10	~2 min	<u>Weighted Pullup</u>	<u>Lat Pulldown</u>	Pull your elbows down against your sides. Last set only do a dropset: perform 8-10 reps, drop the weight by ~50%, perform an additional 8-10 reps.
	<u>Cable Chest Press</u>	2	2	10-12		9-10	~2 min	<u>Weighted Dip</u>	<u>Flat DB Press</u>	Can be performed seated or standing. Focus on squeezing your chest.
	<u>A1: Inverse Zottman Curl</u>	1	2	10-12		10	0 min	<u>Hammer Curl</u>	<u>DB Curl</u>	Hammer curl on concentric, supinated curl (palms up) on the eccentric.
	<u>A2: Cable Triceps Kickback</u>	1	2	12-15		9-10	~1.5 min	<u>Cable Triceps Kickback</u>	<u>Triceps Pressdown</u>	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).
	<u>Machine Lateral Raise</u>	1	2	10-12 (dropset)		10	~1.5 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.

WEEK 9	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Romanian Deadlift</u>	2	2	10-12		8-9	~2 min	<u>Romanian Deadlift</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>DB Walking Lunge</u>	2	3	8-10		8-9	~2 min	<u>DB Step-Up</u>	<u>DB Bulgarian Split Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Leg Extension</u>	1	1	12-15 (dropset)		9-10	~1.5 min	<u>Goblet Squat</u>	<u>DB Step-Up</u>	Dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps. Focus on squeezing your quads to make the weight move.
	<u>A1: Standing Calf Raise</u>	1	2	15-20		10	0 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Plate-Weighted Crunch</u>	1	2	12-15		10	~1.5 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard!
SUGGESTED 1-2 REST DAYS										

WEEK 10	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Machine Chest Press (Heavy)</u>	2-3	1	4-6		8-9	~3 min	<u>Flat DB Press</u>	<u>Weighted Dip</u>	Focus on squeezing your chest.
	<u>Machine Chest Press (Back off)</u>	0	1	8-10		9-10	~3 min	<u>Flat DB Press</u>	<u>Weighted Dip</u>	Focus on squeezing your chest.
	<u>Machine Pulldown</u>	2	2	10-12 (dropset)		9-10	~2 min	<u>2-Grip Lat Pulldown</u>	<u>Weighted Pullup</u>	Think about pulling your elbows "down" and "in". Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.
	<u>Cable Shoulder Press</u>	1	2	12-15 (dropset)		9-10	~2 min	<u>Machine Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Bring cables all the way down to shoulder height, keep torso upright. Last set only do a dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps.
	<u>Helms DB Row</u>	1	2	10-12		9-10	~2 min	<u>Chest-Supported T-Bar Row</u>	<u>Machine Row</u>	Be ultra strict with form, drive elbows out and back at 45 degree angle.
	<u>A1: Overhead Cable Triceps Extension</u>	1	2	12-15		10	0 min	<u>EZ Bar Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative.
	<u>A2: Cable EZ Curl</u>	1	2	12-15		10	~1.5 min	<u>EZ Bar Curl</u>	<u>DB Curl</u>	Focus on squeezing your biceps. Control the negative.

WEEK 10	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Machine Squat</u> (Heavy)	2-3	1	4-6		8-9	~3 min	<u>Hack Squat</u>	<u>Leg Press</u>	Focus on strength here. Each week add weight or reps. Keep form consistent.
	<u>Machine Squat</u> (Back off)	0	1	8-10		8-9	~3 min	<u>Hack Squat</u>	<u>Leg Press</u>	Drop the weight back and focus on controlling the negative. Smooth and consistent rep tempo.
	<u>Nordic Ham Curl</u>	1	1	8-10		10	~1.5 min	<u>Lying Leg Curl</u>	<u>Glute-Ham Raise</u>	Keep your hips as straight as you can, can sub for lying leg curl.
	<u>A1: Seated Calf Raise</u>	1	2	10-12		9-10	0 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Two-Arms Two-Legs Dead Bug</u>	1	2	10-12		9-10	~1.5 min	<u>Reverse Crunch</u>	<u>Roman Chair Crunch</u>	Perform these slowly, focus on keeping your lower back against the ground throughout the set.
SUGGESTED 1-2 REST DAYS										

WEEK 10	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Meadows Row</u>	2	2	10-12		9-10	~2 min	<u>Single-Arm DB Row</u>	<u>Pendlay Row</u>	Brace with your non-working hand against your knee, stay light, emphasize form.
	<u>Standing DB Arnold Press</u>	2	2	10-12		9-10	~2 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>Neutral-Grip Lat Pulldown</u>	2	2	8-10 (dropset)		9-10	~2 min	<u>Weighted Pullup</u>	<u>Lat Pulldown</u>	Pull your elbows down against your sides. Last set only do a dropset: perform 8-10 reps, drop the weight by ~50%, perform an additional 8-10 reps.
	<u>Cable Chest Press</u>	2	2	10-12		9-10	~2 min	<u>Weighted Dip</u>	<u>Flat DB Press</u>	Can be performed seated or standing. Focus on squeezing your chest.
	<u>A1: Inverse Zottman Curl</u>	1	2	10-12		10	0 min	<u>Hammer Curl</u>	<u>DB Curl</u>	Hammer curl on concentric, supinated curl (palms up) on the eccentric.
	<u>A2: Cable Triceps Kickback</u>	1	2	12-15		9-10	~1.5 min	<u>Cable Triceps Kickback</u>	<u>Triceps Pressdown</u>	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).
	<u>Machine Lateral Raise</u>	1	2	10-12 (dropset)		10	~1.5 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.

WEEK 10	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Romanian Deadlift</u>	2	2	10-12		8-9	~2 min	<u>Romanian Deadlift</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>DB Walking Lunge</u>	2	3	8-10		8-9	~2 min	<u>DB Step-Up</u>	<u>DB Bulgarian Split Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Leg Extension</u>	1	1	12-15 (dropset)		9-10	~1.5 min	<u>Goblet Squat</u>	<u>DB Step-Up</u>	Dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps. Focus on squeezing your quads to make the weight move.
	<u>A1: Standing Calf Raise</u>	1	2	15-20		10	0 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Plate-Weighted Crunch</u>	1	2	12-15		10	~1.5 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard!
SUGGESTED 1-2 REST DAYS										

WEEK 11	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Machine Chest Press (Heavy)</u>	2-3	1	4-6		8-9	~3 min	<u>Flat DB Press</u>	<u>Weighted Dip</u>	Focus on squeezing your chest.
	<u>Machine Chest Press (Back off)</u>	0	1	8-10		9-10	~3 min	<u>Flat DB Press</u>	<u>Weighted Dip</u>	Focus on squeezing your chest.
	<u>Machine Pulldown</u>	2	2	10-12 (dropset)		9-10	~2 min	<u>2-Grip Lat Pulldown</u>	<u>Weighted Pullup</u>	Think about pulling your elbows "down" and "in". Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.
	<u>Cable Shoulder Press</u>	1	2	12-15 (dropset)		9-10	~2 min	<u>Machine Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Bring cables all the way down to shoulder height, keep torso upright. Last set only do a dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps.
	<u>Helms DB Row</u>	1	2	10-12		9-10	~2 min	<u>Chest-Supported T-Bar Row</u>	<u>Machine Row</u>	Be ultra strict with form, drive elbows out and back at 45 degree angle.
	<u>A1: Overhead Cable Triceps Extension</u>	1	2	12-15		10	0 min	<u>EZ Bar Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative.
	<u>A2: Cable EZ Curl</u>	1	2	12-15		10	~1.5 min	<u>EZ Bar Curl</u>	<u>DB Curl</u>	Focus on squeezing your biceps. Control the negative.

WEEK 11	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Machine Squat</u> (Heavy)	2-3	1	4-6		8-9	~3 min	<u>Hack Squat</u>	<u>Leg Press</u>	Focus on strength here. Each week add weight or reps. Keep form consistent.
	<u>Machine Squat</u> (Back off)	0	1	8-10		8-9	~3 min	<u>Hack Squat</u>	<u>Leg Press</u>	Drop the weight back and focus on controlling the negative. Smooth and consistent rep tempo.
	<u>Nordic Ham Curl</u>	1	1	8-10		10	~1.5 min	<u>Lying Leg Curl</u>	<u>Glute-Ham Raise</u>	Keep your hips as straight as you can, can sub for lying leg curl.
	<u>A1: Seated Calf Raise</u>	1	2	10-12		9-10	0 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Two-Arms Two-Legs Dead Bug</u>	1	2	10-12		9-10	~1.5 min	<u>Reverse Crunch</u>	<u>Roman Chair Crunch</u>	Perform these slowly, focus on keeping your lower back against the ground throughout the set.
SUGGESTED 1-2 REST DAYS										

WEEK 11	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Meadows Row</u>	2	2	10-12		9-10	~2 min	<u>Single-Arm DB Row</u>	<u>Pendlay Row</u>	Brace with your non-working hand against your knee, stay light, emphasize form.
	<u>Standing DB Arnold Press</u>	2	2	10-12		9-10	~2 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>Neutral-Grip Lat Pulldown</u>	2	2	8-10 (dropset)		9-10	~2 min	<u>Weighted Pullup</u>	<u>Lat Pulldown</u>	Pull your elbows down against your sides. Last set only do a dropset: perform 8-10 reps, drop the weight by ~50%, perform an additional 8-10 reps.
	<u>Cable Chest Press</u>	2	2	10-12		9-10	~2 min	<u>Weighted Dip</u>	<u>Flat DB Press</u>	Can be performed seated or standing. Focus on squeezing your chest.
	<u>A1: Inverse Zottman Curl</u>	1	2	10-12		10	0 min	<u>Hammer Curl</u>	<u>DB Curl</u>	Hammer curl on concentric, supinated curl (palms up) on the eccentric.
	<u>A2: Cable Triceps Kickback</u>	1	2	12-15		9-10	~1.5 min	<u>Cable Triceps Kickback</u>	<u>Triceps Pressdown</u>	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).
	<u>Machine Lateral Raise</u>	1	2	10-12 (dropset)		10	~1.5 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.

WEEK 11	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Romanian Deadlift</u>	2	2	10-12		8-9	~2 min	<u>Romanian Deadlift</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>DB Walking Lunge</u>	2	3	8-10		8-9	~2 min	<u>DB Step-Up</u>	<u>DB Bulgarian Split Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Leg Extension</u>	1	1	12-15 (dropset)		9-10	~1.5 min	<u>Goblet Squat</u>	<u>DB Step-Up</u>	Dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps. Focus on squeezing your quads to make the weight move.
	<u>A1: Standing Calf Raise</u>	1	2	15-20		10	0 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Plate-Weighted Crunch</u>	1	2	12-15		10	~1.5 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard!
SUGGESTED 1-2 REST DAYS										

WEEK 12	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Machine Chest Press (Heavy)</u>	2-3	1	4-6		8-9	~3 min	<u>Flat DB Press</u>	<u>Weighted Dip</u>	Focus on squeezing your chest.
	<u>Machine Chest Press (Back off)</u>	0	1	8-10		9-10	~3 min	<u>Flat DB Press</u>	<u>Weighted Dip</u>	Focus on squeezing your chest.
	<u>Machine Pulldown</u>	2	2	10-12 (dropset)		9-10	~2 min	<u>2-Grip Lat Pulldown</u>	<u>Weighted Pullup</u>	Think about pulling your elbows "down" and "in". Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.
	<u>Cable Shoulder Press</u>	1	2	12-15 (dropset)		9-10	~2 min	<u>Machine Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Bring cables all the way down to shoulder height, keep torso upright. Last set only do a dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps.
	<u>Helms DB Row</u>	1	2	10-12		9-10	~2 min	<u>Chest-Supported T-Bar Row</u>	<u>Machine Row</u>	Be ultra strict with form, drive elbows out and back at 45 degree angle.
	<u>A1: Overhead Cable Triceps Extension</u>	1	2	12-15		10	0 min	<u>EZ Bar Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative.
	<u>A2: Cable EZ Curl</u>	1	2	12-15		10	~1.5 min	<u>EZ Bar Curl</u>	<u>DB Curl</u>	Focus on squeezing your biceps. Control the negative.

WEEK 12	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Machine Squat</u> (Heavy)	2-3	1	4-6		8-9	~3 min	<u>Hack Squat</u>	<u>Leg Press</u>	Focus on strength here. Each week add weight or reps. Keep form consistent.
	<u>Machine Squat</u> (Back off)	0	1	8-10		8-9	~3 min	<u>Hack Squat</u>	<u>Leg Press</u>	Drop the weight back and focus on controlling the negative. Smooth and consistent rep tempo.
	<u>Nordic Ham Curl</u>	1	1	8-10		10	~1.5 min	<u>Lying Leg Curl</u>	<u>Glute-Ham Raise</u>	Keep your hips as straight as you can, can sub for lying leg curl.
	<u>A1: Seated Calf Raise</u>	1	2	10-12		9-10	0 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Two-Arms Two-Legs Dead Bug</u>	1	2	10-12		9-10	~1.5 min	<u>Reverse Crunch</u>	<u>Roman Chair Crunch</u>	Perform these slowly, focus on keeping your lower back against the ground throughout the set.
SUGGESTED 1-2 REST DAYS										

WEEK 12	EXERCISE	WARM-UP SETS (see page 15 for details)	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER	<u>Meadows Row</u>	2	2	10-12		9-10	~2 min	<u>Single-Arm DB Row</u>	<u>Pendlay Row</u>	Brace with your non-working hand against your knee, stay light, emphasize form.
	<u>Standing DB Arnold Press</u>	2	2	10-12		9-10	~2 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>Neutral-Grip Lat Pulldown</u>	2	2	8-10 (dropset)		9-10	~2 min	<u>Weighted Pullup</u>	<u>Lat Pulldown</u>	Pull your elbows down against your sides. Last set only do a dropset: perform 8-10 reps, drop the weight by ~50%, perform an additional 8-10 reps.
	<u>Cable Chest Press</u>	2	2	10-12		9-10	~2 min	<u>Weighted Dip</u>	<u>Flat DB Press</u>	Can be performed seated or standing. Focus on squeezing your chest.
	<u>A1: Inverse Zottman Curl</u>	1	2	10-12		10	0 min	<u>Hammer Curl</u>	<u>DB Curl</u>	Hammer curl on concentric, supinated curl (palms up) on the eccentric.
	<u>A2: Cable Triceps Kickback</u>	1	2	12-15		9-10	~1.5 min	<u>Cable Triceps Kickback</u>	<u>Triceps Pressdown</u>	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).
	<u>Machine Lateral Raise</u>	1	2	10-12 (dropset)		10	~1.5 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Last set only do a dropset: perform 10-12 reps, drop the weight by ~50%, perform an additional 10-12 reps.

WEEK 12	EXERCISE	WARM-UP SETS <i>(see page 15 for details)</i>	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER	<u>Romanian Deadlift</u>	2	2	10-12		8-9	~2 min	<u>Romanian Deadlift</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>DB Walking Lunge</u>	2	3	8-10		8-9	~2 min	<u>DB Step-Up</u>	<u>DB Bulgarian Split Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Leg Extension</u>	1	1	12-15 (dropset)		9-10	~1.5 min	<u>Goblet Squat</u>	<u>DB Step-Up</u>	Dropset: perform 12-15 reps, drop the weight by ~50%, perform an additional 12-15 reps. Focus on squeezing your quads to make the weight move.
	<u>A1: Standing Calf Raise</u>	1	2	15-20		10	0 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>A2: Plate-Weighted Crunch</u>	1	2	12-15		10	~1.5 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard!
SUGGESTED 1-2 REST DAYS										